



# Friendship Flyer

JANUARY 2023

2785 Leisure Way  
Melbourne, FL 32935  
(321) 255-4494

Monday-Friday: 8:30 am—4:30 pm

Saturday & Sunday: CLOSED

[www.bcwpssc.org](http://www.bcwpssc.org)



## President's Message



Diane Weinzierl

**Happy New Year!** I want to thank everyone for allowing me one more year to be your President again. I'm looking forward to a great 2023.

We held our annual meeting on December 2 this year, combined with a Wine & Cheese Reception. I would like to thank CarePlus and Healthy Partners for sponsoring our first Wine & Cheese Reception which was free to all members.

In addition to holding our 2023 Board of Director Election (see results on page 2), the membership approved a change to the By-Laws which will affect our annual election at the end of this year. With this change, instead of the membership electing your executive board (President, Vice President, Secretary & Treasurer) each year, the membership will elect Directors and at the first board meeting of each year, those

Directors will nominate the executive board from among the elected Directors. At the meeting I also reviewed details outlining the sources of our income in 2022, as well as our expenses, which I'd like to share with everyone. Last year we received 26% of our income from the Bingo program; 20% from Duplicate Bridge; 19% from the other programs we offer; 19% from Membership Dues; 10% from Donations & Sponsorships; and 6% from other sources. Expense-wise, we spent 38% on Rent, Utilities & Insurance; 33% on Janitorial services; 19% on Member & Volunteer Expenses; and 10% on Office Expenses, Equipment Purchases, Repair & Maintenance. We only had 50 members in attendance this year – I'm hoping that more will join us next year.

Our Annual Volunteer Event was held on December 12 at the Tangiers. Our volunteers work hard all year and this event is one of the events that allows us to thank them for hard work and dedication during the year. We currently have 61 volunteers (yes - 61 volunteers supporting over 1,075 members) and 52 attended this year's event. Please be sure to thank them when you see them and check out the photos on page 4. I'd also like to thank all our sponsors and benefactors (see page 2) who donated enough baskets and gift cards to allow us to provide a gift basket to every volunteer who attended this year's event. WPSOC has the most generous sponsors and we truly appreciate their partnership with us.

2023 is already shaping up to be a busy year. Stay tuned and we'll share information as soon as we can. I also wanted to remind you that our Friday Night Dinners will now be held 3 times per year rather than monthly with the first dinner scheduled for Friday, February 3 (see page 3 for details).

Tickets will be available on January 2 - we hope you will join us.

## Mission Statement

**Our Mission is to provide a congenial and happy environment for seniors to enjoy activities, meet new friends, and attend educational programs. Furthermore, to provide a resource for obtaining assistance and guidance in times of need.**

**"There are no strangers here, only friends you have yet to meet!"**



The WPSC Board of Directors meetings are held on the 2nd Monday of each month at 9:30 am. The next meeting will be **January 9 at 9:30 am in Room 117**. All WPSC members are welcome to attend.

## 2023 Board of Director Election Results

This year since there was only 1 person running for each board position, we decided to forgo election week and held the annual election at the Annual Meeting on December 2. The only change to the Executive Officers will be Lisa Coyle who will now be serving as Secretary. In addition, 7 of the Directors will remain the same, with 2 new Directors - Janice Oppelt and Celeste Garcia. They will be sworn in at the January 9, 2023 Board Meeting.

A special thanks of Lynn Higginbotham and Jacqueline Williams who are retiring from the board. We appreciate their efforts these past 3 years.

A complete list of the 2023 Board can be found on page 7 of the newsletter.

## Thank You for Filling Christmas Wishes!

Even though we announced last month that we were not getting Christmas Angels from the Salvation Army this year, at the very last minute we received 20 Angels, which we immediately put on the lobby tree. As always, our membership went to work right away and with only a week's lead time, came through and fulfilled all 20 of these wishes for seniors (see photo below).



In addition, WPSC donated \$1,000, if our membership's name, to Aging Matters to purchase fifty \$20 gift cards for seniors in our local area. Thank you for your generosity.

Thank you to our Sponsors and Benefactors for donating gift baskets to this year's Holiday Volunteer Event!



- AAA
- Ally Senior Living
- Dry Eye Center of Florida
- Health First Admin Plans
- Health First HomeCare
- Healthy Partners
- Humana
- Juvo Steward
- King Center
- Rosalie Novak
- Pam Page
- Sea Pines
- Selling on the Space Coast, EXP Realty
- Slonim Law
- The Tangiers
- Texas Roadhouse
- Travel Expressions
- VITAS
- WPSC Bingo
- WPSC Duplicate Bridge
- WPSC Travel
- WPSC Treasurer

## Looking for a Worthy Charitable Donation Organization?

Wickham Park Senior Center is a 501(c)3 charitable organization and as such is eligible to receive charitable donations. We would like to thank the following people for their generous donations to WPCS in FY2022.

- Kathleen Agee
- Peggy Brysobn
- Robert Cason, in honor of his wife, Genevieve Cason, birthday
- Kathleen & Andrew Cole
- Sonia Echevarria
- Laura Aho Parsons
- Susan Salvetti
- Marcia Luhn

If you find you have extra funds in your charitable donations bucket anytime during the year, please consider donating to WPSC.





**WICKHAM PARK SENIOR CENTER**

## *Pre-Valentine's Day Friday Dinner*

**February 3, 2023   ♥  5:30-7:30PM**

**\$15 Members & Non-Members**

Tickets Available at the Front Reception Desk Monday thru Friday from 8:30a-4:30p

Questions? Call 321-255-4494

*Entertainment provided by  
Janice & Rene*



**Salisbury Steak**

**Garlic Mashed Potatoes   •  Confetti Corn**

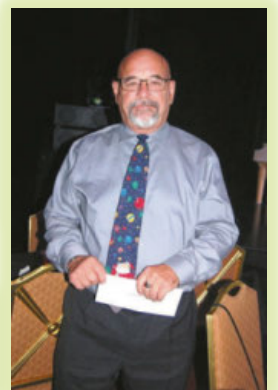
**Dinner Rolls/Butter   •  Tossed Salad**

**Strawberry Shortcake**



# HOLIDAY EVENT

The 2022 Volunteer Holiday Event on December 11 at The Tangiers was a huge success!



The Officers and Membership of Wickham Park Senior Center appreciate the continued support of our many Sponsors. As an all volunteer run organization, their continued financial support allows us to offer Activities and Social events for our members.

## Diamond Level Sponsors



At Cigna, we are more than a health insurance company. We are your partner in total health and wellness. In addition, we are here for you 24/7 – caring for your body and mind.



Dry Eye Center of Florida is the first and only clinic in Central Florida dedicated to the diagnosis and treatment of dry eye disease. We combine the latest research and technology to successfully relieve our patients' dry eye symptoms and achieve the best patient outcomes. Dr. Ramsower has provided comprehensive eye care in Brevard County since 2005. She is known for her compassion and dedication to her patients' overall wellness and is happy to take care of all their eye care needs.



Health First Health Plans, a not-for-profit, Brevard County-based company with local customer service, has been serving Brevard County for more than 20 years. Our Medicare Advantage plans offer everything original Medicare offers plus additional benefits.



As an elite health insurance brokerage, JUVO's mission is to enhance the health and lives of individuals and communities. We are dedicated to deliver in high-quality affordable healthcare for all.



At Simple Health Advisors, we do exactly what our name says, we make health insurance simple. We understand that there are many companies available for you to choose from and we take pride in helping you do just that. With over 15 years of experience our goal is to educate and un-complicate the insurance shopping experience.



SLONIM LAW

The Slonim Law attorneys are focused on Elder Law (Probate, Guardianship, Estate Planning & Medicaid Planning) in Brevard County (Melbourne, Viera, and Palm Bay) and Osceola County. We take pride in working closely with our clients to ensure that they obtain the best representation for the value. Helping people is our job. Preserving our client's rights and interests is our focus.



When it comes to Medicare, one size definitely does not fit all. What works well for your neighbor may not be the best fit for you. With multiple Medicare Advantage plans to choose from, United Healthcare can help you find one that fits your health care coverage needs and your budget.



Life's challenging moments call for a special brand of care guided by love and compassion. Since 1977, we have served as Brevard's only independent, not-for-profit comfort care resource, helping patients and those they love during the most delicate times in their lives. St. Francis Reflections Lifestage Care offers a diverse range of compassionate care services including palliative care, hospice and grief support for all ages.



VITAS Healthcare is here to help healthcare providers ensure the best end-of-life care for their patients.

## Gold Level Sponsors



Brevard Alzheimer's Foundation provides thousands of hours of adult daycare, senior meals, transportation, and provided 13,885 hours of in-home respite. We touch many other families through case management, caregiver education, and support groups and our goal is to keep families together for as long as possible.



The Auto Group (ACG) is a part of AAA-affiliated insurance companies that are nationwide. ACG is the second largest AAA club in North America, providing insurance, travel, financial and other services to over nine million members. ACG is spread across 11 states plus Puerto Rico and U.S. The offerings will from ACG vary based on location.



Mike and Jeanne are Senior Real Estate Specialists (SRES) who have received additional training in senior real estate. They understand the real estate needs of seniors are different than just a regular real estate transaction. Whether you are looking to retire, downsize, move to an active adult community, or just need some help with your housing options, Mike and Jeanne are there to help.



The comfort of home can't be beat. Home Instead services let people flourish in the everyday life they already know and love – while getting a little help to stay independent and mobile. From personal care to Alzheimer's care to transportation, Home Instead services make life easier for seniors and their families.



There is nothing quite like the warmth and hospitality found in Greenwood Place, offering a safe, comfortable home surrounded by friends and a caring team that caters to your individual needs. Assisted Living residents enjoy restaurant-style dining, daily fitness and exercise classes, and a full calendar of educational, cultural and social events.



Sea Pines Rehabilitation Hospital serves the Space Coast as a leading provider of inpatient physical, occupational and speech therapies. We help patients recover from a variety of injuries and ailments including stroke, orthopedic and cardiac recovery. We provide high quality personal care to meet the individual needs of our patients.

## Meet & Greet Sponsors

Our monthly Meet & Greets with our sponsors have started back up on Tuesday and Friday mornings from 9—11:00 am. Each sponsor will have a table set up just outside the front door or inside the lobby to provide you with information, fun giveaways, and someone knowledgeable to answer your specific questions. Please mark your calendars and come up to meet them.

- Tuesday, January 3: Ally Senior Living Consultants
- Friday, January 6: JUVO Steward
- Friday, January 6: Sea Pines Rehab. Hospital
- Tuesday, January 10: Humana
- Friday, January 13: VITAS Healthcare
- Friday, January 13: United Healthcare
- Tuesday, January 31: EXP Realty



## Group Dynamics

Group Dynamics or Group Development happens all of the time at the Wickham Park Senior Center and across society. The Wickham Park Senior Center hereby called 'the Center' operates as one very large *group* of people having more than 1,000 members and various sub-*groups* within the Center. Sub-*groups* such as; Bingo, Bridge, Poker, Jazzercise, Hand and Foot, Shuffleboard, Art Groups, Pinochle and others go through Five Stages of Group Development.

The Five Stages of *Group* are; (1) Forming-where the *group* members are learning about others. Usually a friendly time of talking and sharing information about themselves and others. (2) Storming-where someone in the *group* tends to not follow the norms of the *group* or does something to disrupt the normal routine of the *group*. An example might be, when a member of the *group* doesn't follow the unwritten rules of the event or the *group* and disrupts all in the *group* (3) Norming-when the *group* members start working towards a common cause as a *group* and people understand how people tend to behave in *groups* (4) Performing-when it all comes together and every member of the *group* contributes to the success of the *group* and its' members. The *group* continues to operate as is successful in areas of teamwork and *group* performance (5) Adjourment -when the *group* completes any given task and goes about departing from the *group*. Leaving for the end of the day after a long day of playing Pinochle, or Bridge, Poker, Shuffleboard, Bingo, and other events.

*Groups* go through all Five (5) Stages of Development in every event conducted at the Center.

When we can all recognize these stages and can do our part to understand and possibly defuse potential problems popping up in our *groups* we can facilitate others in a more harmonious participation in the event. Not to say 'Stuff won't happen' it does and it will as long as Humans are involved in the process. It's all in how we adapt to given situations to help people in *groups* stay a welcomed participant. We have lost too many members in our *groups* due to unfortunate misunderstandings and most of those 'lost members' don't and won't come back to the Center. Our internal small groups will continue to suffer when we lose a member due to a misunderstanding or misinterpretation of the event causing disruption in the process. I for one will do my part to hopefully correct given situations that tend to make people uncomfortable in our *groups*.

If you have questions of me about small *group* dynamics, I will gladly give you my experience as a way to help others in the process. Prior to retiring from the federal government in 2019, Gary had more than thirty years of experience in the Socialization and Group Dynamics career as a practitioner and instructor training military and DoD Civilians in fundamentals of *group* behavior.

*Gary McGuire is a former member of the Department of Defense Equal Opportunity Management Institute (DEOMI) at Patrick Space Force Base (PSFB) as well as Deputy of Education and Training and Researcher. He was on the Global Speakers Circuit until retiring in 2019. He is also a certified practitioner in the Myers Briggs Type Indicator (MBTI), a Personality Type Indicator providing understanding about how Personality Type helps in Job and Life Performance.*

# Welcome

## New Members in November

Burnett, Bruce	Lopez, John
Burnett, Debra	Lopez, Virginia (Ginger)
Coonce, Lynn	Mathys, James (J.D.)
Craig, Anne	Narlock, Daniel A
Crovetto, Marianne	Pascazi, Pat
Cuda, Norma	Petroff, Julie
Greulich, Mary	Poling, Wanda
Hart, Mitchell	Potanos, Jenny
Herbert, Pat	Potanos, John
Honeycutt, Kimberly	Santurri, Helene
Jennings, Shirley	Schwartz, Gail
Johnson, Ginny	Tamm, Barbara
Kabacinski, Dennis	Towers, Barbara
Kelshaw IV, Richard	Warner, Margaret
Kelshaw, Mary	Weltman, Gloria
Lewis, Jeanne	Yochim, Linda

## WPSC Email Addresses

DIRECTORY	EMAIL
WPSC President	president@bcwpsc.org
WPSC Secretary	secretary@bcwpsc.org
WPSC Treasurer	treasurer@bcwpsc.org
WPSC Scheduling	scheduling@bcwpsc.org
WPSC Information	info@bcwpsc.org
WPSC Webmaster	webmaster@bcwpsc.org
Travel Office	travel@bcwpsc.org
Front Desk Reception	reception@bcwpsc.org
Bridge Club	bridge@bcwpsc.org
Newsletter Editor	news@bcwpsc.org
Systems Administrator	itadmin@bcwpsc.org

## Meet Our Staff

Officers	
President:	Diane Weinzierl
Vice President:	Gary McGuire
Secretary:	Lisa Coyle
Treasurer:	Colleen Barneman
Directors	
Ina Fritsch	Janice Oppelt
Celeste Garcia	Pam Page
Vincent Germann	Ginny Parker
Beverly Morgan	Janet Smith
Rosalie Novak	
Staff	
IT Systems Admin:	John Efird
Webmaster:	Maureen Reeder
Sunshine:	JoAnn Efird
Newsletter:	Nilda Rosario

### COMMENTS? We value your opinion!

There's a SUGGESTION BOX in the lobby for your feedback or ideas on how we can enhance the experience at the WPSC!



Deadline for copy submission to the newsletter is the **15th of each month**. Please email copy to:

**news@bcwpsc.org**

# CALENDAR OF EVENTS

WICKHAM PARK SENIOR CENTER  
2785 Leisure Way  
Melbourne, FL 32935

Phone: 321-255-4494  
Web: [www.bcwpssc.org](http://www.bcwpssc.org)

## JANUARY 2023

ACTIVITY	SCHEDULE FOR JANUARY	NOTES
Ballroom Dancing	Mondays @ 6:30P for Advanced Ballroom Class; Mondays @ 7:30P for Beginner Class	
Bingo	Tuesdays & Fridays @ 11:15A—2:00P	
Blood Pressure Checks	2nd Friday (January 14) @ 9:00—11:00A	
Bones and Balance	Mondays @ 10:00—11:00A; Register @ 9:45A	
Bridge: Beginner Class	Saturdays @ 11:00A with Pam Page For Virtual Classes please see our website at <a href="http://www.bcwpssc.org">www.bcwpssc.org</a> and click "Bridge" icon	
Duplicate	On-Site Classes on Mon., Wed., & Sat. @ 12:30—4:00P Virtual Classes Thursdays @ 12:15P on the BBO platform	
Chat	Fridays @ 9:30—11:00A	MEETS VIRTUALLY
Rogue	Tuesdays @ 12:15—4:00P	
Rubber	Thursdays @ 1:00-4:00P & Saturdays @ 12:30-3:30P	
Bunco	1st & 3rd Thursdays (Jan. 5 & 19) @ 12:30—4:00P	
Chair Yoga	Tuesdays @ 3:00—4:00P	
Chefs for Seniors	Next Class Jan. 19 @ 11:00A—12:30P Sign-up Sheet at Front Desk	
Euchre	Every Wednesdays @ 6:00—9:00P	NOW WEEKLY!
Hand & Foot	Mondays & Fridays @ 8:45A—Noon	
Jazzercise Lo	Mon., Wed. & Fri. @ 8:30—9:30A	
Line Dancing	Tuesdays @ 4:15—5:30P	
Mahjong: American	Mondays @ Noon—3:30P Thursdays @ 9:00A—Noon	
Chinese	Wednesdays @ 1:00—4:00P	
Lessons	Mondays @ 11:00a—Noon Sign-up Sheet at Front Desk	OPEN TO FIRST 12 PEOPLE TO SIGN UP
Oil Painting for Beginners	3rd Thursday (Jan. 19) @ 1:00—5:00P Sign up Sheet at Front Desk	
Pinochle	Mondays & Fridays @ 12:15—4:00P	
Poker: Dealers Choice Friendly	Tuesdays & Fridays @ 11:30A—4:00P Mondays @ 1:00—4:00P	
Pool (Billiards)	Monday thru Friday @ 8:30A—4:30P Saturdays @ 8:30A—12:30P	
QiGong-TaiChi	Mondays, Wednesdays & Fridays @ 8:30—9:30A	
Rummikub	Wednesdays @ 1:00-4:00P	
Senior Law	4th Friday of the Month (Jan. 23, 2023) @ 2:00—4:00P Sign up Sheet at Front Desk	
SHINE	Tuesdays & Thursdays @ 9:00A—Noon	
Strength / Flexibility	Thursdays @ 9:30—10:30A	
Shuffleboard: Open Play	Saturdays @ 9:00A—Noon	
Shuffleboard: Tournaments	<ul style="list-style-type: none"> <li>• Jan. 19-20, 2023, 8-5 pm: Open Any Doubles</li> <li>• Mar. 9-10, 2023, 8-5 pm: No Two Pros Any Doubles</li> </ul>	
Watercolor Instruction	Wednesdays @ 9:45A—12:30P	

Program details and times are subject to change. Please check the daily schedule at the Front Desk for the latest information.

NEW UPDATES



## Ballroom Dancing & Swing Lessons

**Mondays @ 6:30 Advanced / @ 7:30 Beginner**  
**Cost: \$8.00 per Class for Members**  
**\$10.00 per Class for Non-Members**

Classes change every month.  
 Welcome Singles and Couples!  
 Any questions? Please contact  
**Chris Marcelle** at 321-258-5916.



**TUESDAY & FRIDAY—Open to the Public!**  
**11:15 am—2:00 pm; Doors Open @ 10:00 am**  
**Early Bird @ 11:15 am**

Join us and play 29 games including Early-Bird, 50/50, Winner-Take-All and Progressive games. Minimum package starts at \$6. Bingo payouts adjusted based on attendance. Kitchen open from 10:00 am to 11:30 am. For more info, contact **Brenda Clarson** at 321-258-8837.



## Bones & Balance

**Mondays @ 10:00 am—11:00 am**  
**Cost: \$5.00 Members / \$7.00 Non-Members**



Start your week with healthy aging exercise. Chairs, weights and exercise bands will be used to improve your core strength, posture and

balance. All major muscles will get a workout. Certified personal trainer and certified group fitness instructor with 29 years of experience at Pro Health/Health First. Please wear comfortable shoes! For more information, contact **Marcia Luhn** at 321-543-6358.

## WP Duplicate Bridge Club

The WP Duplicate Bridge Club is offering the following class for aspiring bridge players. You are not required to be a member of the Bridge Club in order to take this class:

**Competitive Bidding - Starts 2/06/2023, Mondays 10 am-Noon Cost: \$35**

Even if you've played bridge for a number of years, this class is the perfect way to begin to play duplicate bridge or just improve your game. Learn how to play winning bridge online using zoom in the comfort of your home. Students will bid and play hands in this fun 7 week class while learning about: preemptive opening bids, overcalls and advances, takeout doubles and advances, and the competitive auction . To enroll or learn more, contact Harold Phillips at 321-956-9208, or email [hlphill@earthlink.net](mailto:hlphill@earthlink.net)

## Bridge (Duplicate)

**On-site Classes: Mon., Wed. & Sat. @ 12:30P**  
**Online Classes: Thurs. @ 12:15 pm on the BBO platform**  
**Cost: On-site classes \$6.00 / Online classes \$5.00**

Duplicate bridge classes have resumed on-site Monday, Wednesday and Saturday. Virtual online classes are also available. For the online schedule, please check out the latest on the website under the Bridge tab. Contact **Pam Page** at 321-537-0907 or [pam.page@bellsouth.net](mailto:pam.page@bellsouth.net) for bridge-related questions.



## Bridge (Rogue)

**Tuesdays @ 12:15—4:00 pm**  
**Cost: \$1.00 Members / \$3.00 Non-Members**  
 Contact **Patricia Rosenthal** at 321-626-5419.



## Bridge (Rubber)

Thursdays @ 1:00—4:00 pm

Saturdays @ 12:30—3:30 pm

Cost: \$2.00 Members / \$4.00 Non-Members

Come on out for an afternoon of enjoyment at the bridge table. Any questions? The point of contact for Thursday is **Janet Walker** at 321-242-3173 and the point of contact for Saturday is **Gayle Schanck** at 541-821-7070.

## Bunco

1st & 3rd Thurs. (Jan. 5 & 19) @ 12:30—4:00 pm

Cost: \$6.00 Members / \$8.00 Non-Members

Bunco is played on the 1st and 3rd Thursday of each month. We play four rounds. After two rounds, we have a break for refreshments. We supply coffee and water. Players may bring lunch items, snacks or



desserts to share. **Linda Peglow** is taking over as full program chairperson. **Peggy Miles** will be helping out as well. Please contact Linda at 321-549-9893 to reserve your Bunco space.

## Chef for Seniors

Cost: \$6.00 Members / \$8.00 Non-Members

Classes @ 11:00 am—12:30 pm

January 19: Soup

March 16: Salad

May 18: Veggies

July 20: Smoothies

Sept. 21: Fall Flavors

Nov. 16: Holidays



Join **Chef Jillian** for a Cooking For Seniors Class. Each Class includes an interactive cooking demonstration, free recipes, cooking tips and food tasting. Please sign up at front desk to reserve your spot.

All proceeds are donated by Chef Jillian to The Children's Hunger Project, Brevard County's Backpack Program.

Sponsored by  CarePlus  
HEALTH PLANS

## Chair Yoga

Tuesdays @ 3:00—4:00 pm/Sign-in @ 2:45 pm

Cost: \$1.00 Members / \$3.00 Non-Members



This class is designed to help with overall well-being for the body and mind. Stretches and movements that will help increase mobility, flexibility, strength and balance. A focus on posture and breathing helps calm the mind, helps reduce stress and increase oxygen flow.

Contact **Shelly Anderson** at 321-626-1969.

## Euchre

Wednesdays @ 6:00—9:00 pm

Cost: \$5.00 Members / \$7.00 Non-Members

We will resume playing January 4th. We will be playing weekly instead of bi-weekly as before. We had our best turnout (26) thus far for the Christmas party and kicking off new stats for the new season. It was great to see Bill Harr and his son Dave back for the winter season. We were also able to welcome Amy as a new player. Thank you all for your love of the game and your support. Congratulations to Joan W. for winning the main prize of \$40. Thanks to all that brought many sweet treats to be enjoyed for the festive occasion. The first game of the new season had the following winners.

1st	Jerry B.	Leader Board
2nd	Jay K.	Jerry B. 84 pts
3rd	Robin S.	
4th	Karen B.	

Looking forward to seeing you next year. For more information or any questions, please contact **Jay Koeller** at 321-794-6400.

## Hand & Foot Card Game

Mondays & Fridays 8:45 am—Noon

Setup @ 8:30 am

Cost: \$1.00 Members / \$3.00 Non-Members

Join this group of friendly and competitive players for a time well spent. Contact **Beverly Morgan** at 303-458-8273 for more information.

## Jazzercise Lo

**Mon., Wed., & Fridays @ 8:30—9:30 am**  
**Cost: \$40.00 per Month or \$10.00 per Day**

Join us for a fun and energized Jazzercise Lo class. Start off your mornings dancing away those extra calories using Low Impact moves that yield MAXIMUM results! You use muscles, not momentum, to get a total body workout without the impact on your joints. Contact **GINNY PARKER** at 321-698-0445.

## Line Dancing

**Tuesdays @ 4:15—5:30 pm**  
**Cost: \$6.00 Members / \$8.00 Non-Members**

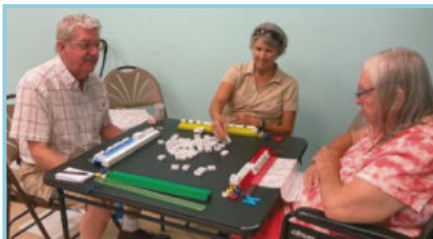
Happy New Year!! Come shake off those holiday pounds and join our fun Line Dance Class. We dance for the pure joy of Fun and Exercise! Meet new friends while learning moves choreographed to a variety of songs. Call Sue for more information at 321-505-0846. Class resumes January 3, 2023.



## Mahjong

**American: Mondays @ Noon—3:00 pm & Thursdays @ 9:00 am—Noon**  
**Cost: \$1.00 Members / \$3.00 Non-Members**  
**Chinese: Wednesdays @ 1:00—4:00 pm**  
**Cost: \$5.00 Members / \$7.00 Non-Members**

Mahjong is an activity that fosters friendly comradery and stirs the brain. Come join the fun! If you have any questions, contact



**Patricia Rosenthal** at 321-626-5419 (American) or **Linda Milo** at 321-506-2672 (Chinese).

## Mahjong Lessons

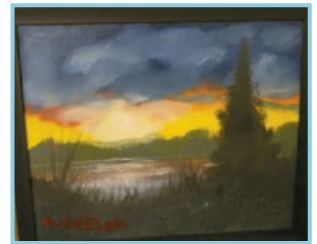
**Mondays @ 11:00 am—Noon**

Mahjong lessons are now available for the first 12 people to sign up. Classes are taught by **Judy Carr** and **Ro Carlson**. For more information, please call 321-253-1642 or email [pellichip@gmail.com](mailto:pellichip@gmail.com)

## Oil Painting for Beginners

**3rd Thursday of Each Month**  
**January 19 @ 1:00—5:00 pm**  
**Cost: \$40.00 PP (Includes All Supplies)**

Come paint a beautiful landscape painting with us. Classes will be held on the 3rd Thursday of each month; an overflow class will be held on the first Thursday of the month if there is enough interest. Please call the Center 321-425-5533, or come into the front desk and sign up. For January, we'll be painting an evening overlooking the St Johns River. There will be beautiful evening colors and birds flying across the river! All supplies, brushes, canvas, and aprons are provided, and you'll walk away with a wonderful finished, unframed oil painting that you will be quite proud of. Remember to wear your painting clothes. The class is small, just six participants, so Hobo Bob has plenty of time to work with you as you paint your masterpiece.



## Pinochle

**Mondays & Fridays @ 12:15—4:00 pm**  
**Cost: \$1.00 Members / \$3.00 Non-Members**

Contact **Bill Mueller** at 321-242-4999 (Mondays) or **Cathy Decker** at 321-432-7813 (Fridays).

## Poker (Dealers Choice)

**Tuesdays & Fridays @ 11:30 am—4:00 pm**  
**Cost: \$1.00 Members / \$3.00 Non-Members**

Contact **Kit LaLonde** at 954-260-0687.

## Poker (Friendly)

**Mondays @ 1:00—4:00 pm**  
**Cost: \$1.00 Members / \$3.00 Non-Members**

Attention: Players Needed! Pennies Only. Call ahead to attend. Contact **Vinnie Germann** at 321-253-6155.

## Pool (Billiards)

Monday thru Friday @ 8:30 am—4:30 pm

Saturdays @ 8:30 am—12:30 pm

Tournaments: 2nd Wednesday of Every Month

Cost: \$1.00 Members / \$3.00 Non-Members

Plus \$ .50 per Day or \$2.00 per Week

YE OL Pool Room 8-Ball Tournament 12/14/22 Results:



1st: Mike Spaethe

2nd: Dave Reeve

3rd: Dale Foster

4th: Tony Gigliotti

Next tournament is Jan.12. Questions? Please contact **Wally Topinko** at 716-830-5978.



*We are sad to report that Pete Ragusa passed away on December 17. Pete was a daily player in the pool hall for many years and he will be sorely missed.*

## QiGong-TaiChi

Mon., Wed., & Fridays @ 8:30—9:30 am

Cost: \$5.00 Members / \$7.00 Non-Members



For over 50 years, scientists at the Institute for Aging Research, an affiliate of Harvard Medical School, have been studying what causes falls among the elderly, and how to prevent them. According to researchers, one of the most promising interventions is TaiChi. It offers senior practitioners inner peace and improves balance, flexibility and mental agility. It also reduces death due to falls and injury among older adults. We focus more on the Healing Art of QiGong of TaiChi. Contact **Laura Parsons**, Certified Instructor at 321-474-5374.

## Rummikub

Wednesdays @ 1:00—4:00 pm

Cost: \$1.00 Members / \$3.00 Non-Members

Rummikub is a tile-based game combining elements of the card game rummy and mahjong. It's an easy game to play and if you don't know how to play, our group will be happy to teach you. Come join us for a fun afternoon. Questions? Contact **Rosalie Novak** at 321-610-8021.

## Senior Law

4th Friday of Each Month

Next Class January 23, 2023 @ 2:00—4:00 pm

Cost: Free to all WPSC Members

The Slonim Law Firm invites you to attend a FREE seminar and



SLONIM LAW

question/answer session on the 4th Friday of each month at WPSC Room 117. We will cover topics such as:

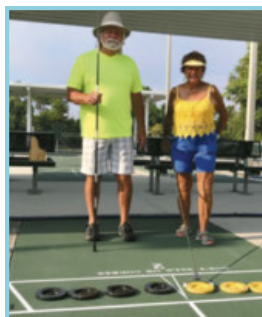
- Last Will & Testament & Trusts
- Durable Power of Attorney & Healthcare Directives
- Living Wills
- Digital Assets
- Medicaid and Asset Protection Options
- Guardianships
- Probate Matters
- General Dementia Issues

Seating is limited. Please sign up at the front desk. Questions? Please call the Law office at 321-757-5701.

## Shuffleboard

Open Play: Sat. @ 9:00 am & Thurs. @ 6:00 pm

Cost: \$1.00 Members / \$3.00 Non-Members



Call **Tom Winkelspecht** at 321-446-3283 or email: [tawinkii@me.com](mailto:tawinkii@me.com) for more information on learning how to play or participating in tournaments.

**(See Tournament Schedule on page 8)**

## Strength/Flexibility

Thursdays @ 9:30—10:30 am

Cost: \$4.00 Members / \$6.00 Non-Members

Fitness Unlimited by Design presents a class you won't want to miss and has everyone talking! This class will introduce greater strength and flexibility that your body will love and you will love going to. It also helps with posture and alignment of the spine, helps us stay limber, agile, strong and keeps our balance in check. We are working on core, arm and leg strength. Go at your own pace and feel the antiaging begin. Come join us, no need to sign up, just show up. For more information, contact **Susie Salvetti** at 321-626-0282.



## Watercolor Instruction

Wednesdays @ 9:45 am—12:30 pm

Cost: \$6.00 Members / \$7.00 Non-Members

Classes held in the computer room. Bring your own supplies, smiles and good attitudes! Relax, enjoy the process and camaraderie. All levels welcome! Any questions, please contact **Judy Champion** at 321-312-9155 or [judy.champion325@gmail.com](mailto:judy.champion325@gmail.com).



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The WPSC Travel Office is OPEN Monday—Friday, 9:00 am—1:00 pm  
For more information and reservations, please call Wickham Park Travel at 321-425-5530.

### Yalaha Bakery / Mission Inn / Lake Ridge Winery

Date: January 18, 2023

Cost: \$124 Per Person Includes Lunch

Cancellation Date: January 2, 2023

Yalaha Bakery, famous German bakery. Howey-in-the-Hills for a relaxing and luscious lunch buffet and onto the Lakeridge Winery for a tour and tasting of Florida wines.

**Trip is booking up FAST, sign up today!**

### Nunsense A-Men! Musical at the Winter Park Playhouse

Date: February 16, 2023

Cost: \$159 Per Person Includes Lunch

Cancellation Date: January 20, 2023

This side-splitting musical comedy is the original Off-Broadway musical Nunsense with a twist...all of the nuns are portrayed by men!

### Morikami Japanese Garden Tour/ Bento Box

Date: April 26, 2023

Cost: \$104 Per Person Includes Lunch

There's so much to see at Morikami, in the 16 acres that surround Morikami's two museum buildings include expansive Japanese gardens with strolling paths, resting areas, their world-class bonsai collection and lakes teeming with koi and other wildlife. After the tour, enjoy a delicious Bento Box lunch.

### Pigeon Forge & Smokey Mountains Show Trip

Date: October 9-14, 2023 (6 Days / 5 Nights)

Cost: \$785 Per Person / Double Occupancy

\$1,004 Single Occupancy

\$75 Deposit / \$72 Travel Insurance Per Person

We are in the process of finalizing the following trips. Contact the Travel office for more information:

1. February 22: Hard Rock Casino - \$55 Per Person
2. March 15: St John's Riverboat - \$139 Per Person.



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## Tips For Setting & Sticking To Healthy New Year's Goals

Many people are looking forward to a new start in 2022. The COVID-19 pandemic and a contentious political climate are just two of the issues most of us struggled with in 2021. They left many feeling emotionally exhausted and more than a little stressed. You might have turned to comfort foods and slacked a little on exercising.

While a healthy diet and regular exercise are both important fitness goals, wellness involves much more than just tending to the body. It also means nurturing your mind and spirit.

### Tending to the Mind and Spirit in the New Year

A few additional goals you can incorporate into your healthy New Year include:

- **Limit screen time:** Whether it's scrolling through Facebook or binge-watching the latest Netflix series, time spent staring at screens climbs every year. Unfortunately, too much screen time is linked to a sedentary lifestyle, which contributes to everything from diabetes and obesity to

depression. Give yourself specific limits on how much time you will spend online and watching television in the new year.

- **Make time to meditate:** Another struggle many of us share is not living in the present. It's a necessary part of a healthy lifestyle, and one that takes discipline. If you aren't familiar with meditation, two resources to help you get started are [Headspace](#) and [Calm](#).
- **Start a gratitude journal:** Teaching yourself to look for things to be grateful for each day also helps improve your mental health. At the end of the day, take a few minutes to write down 5–7 good things that happened to you during the day. Include even the simplest of joys, such as watching a cardinal at the bird feeder or getting a call from a friend you haven't talked with in a while. You'll likely find yourself looking at the days a little more positively.

The bottom line: Avoid setting goals that aren't realistic and be kind to yourself as you move forward with changing your lifestyle. Finding motivation and time might require you to take small steps that give you an opportunity to feel successful.



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